

Your Safety...Your Health In Louisiana



Public Health

Created by the Office of Public Health
Center for Community Preparedness

English

Preface

The Center for Community Preparedness was established in light of Hurricanes Katrina and Rita in order to better prepare Louisiana residents for any future declared state of emergency. The Center combines Chronic Diseases, Injury Prevention, and Emergency Preparedness to better support the changing needs of the Louisiana citizen. We have compiled this brochure with your healthcare in mind. In the pages that follow, you will find valuable information for you and your family members. We encourage you to make good use of this information in order to stop health problems before they start, and also to help decrease the prevalence of these healthcare issues. Should you have any additional questions or concerns please do not hesitate to contact the Center for Community Preparedness with the information provided below.

Office of Public Health
Center for Community Preparedness
8919 World Ministry Avenue
Baton Rouge, LA 70810
225.763.3566
225.765.2794

Index

- **Preparing for a Hurricane**
- **Emergency Supplies You Will Need**
- **Preparing to Evacuate**
- **6 Things Kids Can Do To Help Parents Evacuate Their Pets**
- **What does the pet evacuation kit contain?**
- **Drive Safely**
- **Wash Your Hands**
- **Stay Cool**
- **Electricity is Shocking**
- **Carbon Monoxide Hazards**
- **Say NO to CO!**
- **Watch Your Step**
- **Chainsaw Safety**
- **Fact Sheet: Rebuilding**
- **Parenting Under Stress**
- **Preventing Sexual Violence**
- **Take These Small Steps Now to Prevent Diabetes**
- **Take Care of your Heart: Manage your Diabetes**
- **Tips for Kids with Type 2 Diabetes**
- **Cholesterol**
- **Anyone Can Develop High Blood Pressure**
- **High Blood Pressure Facts**
- **Stroke**
- **Health Effects of Cigarette Smoking**
- **First Aid for Asthma**
- **Recommended Childhood and Adolescent Immunization Schedule**

Preparing for a Hurricane

If you are under a hurricane watch or warning, here are some basic steps to take to prepare for the storm:

- ➔ Learn about your community's emergency plans, warning signals, evacuation routes, and locations of emergency shelters.
- ➔ Identify potential home hazards and know how to secure or protect them before the hurricane strikes. Be prepared to turn off electrical power when there is standing water, fallen power lines, or before you evacuate. Turn off gas and water supplies before you evacuate. Secure structurally unstable building materials.
- ➔ Buy a fire extinguisher and make sure your family knows where to find it and how to use it.
- ➔ Locate and secure your important papers, such as insurance policies, wills, licenses, stocks, etc.
- ➔ Post emergency phone numbers at every phone.
- ➔ Inform local authorities about any special needs, i.e., elderly or bedridden people, or anyone with a disability.
- ➔ Make plans to ensure your pets safety.

Source: Centers for Disease Control and Prevention
Prepared by: Louisiana Office of Public Health
EMS/Injury Research and Prevention Program



Emergency Supplies You Will Need

You should stock your home with supplies that may be needed during the emergency period. At a minimum, these supplies should include:

- ➔ Several clean containers for water, large enough for a 3-5 day supply of water (about five gallons for each person).
- ➔ A 3-5 day supply of non-perishable food.
- ➔ A first aid kit and manual.
- ➔ A battery-powered radio, flashlights, and extra batteries.
- ➔ Sleeping bags or extra blankets.
- ➔ Water-purifying supplies, such as chlorine or iodine tablets or unscented, ordinary household chlorine bleach.
- ➔ Prescription medicines and special medical needs.
- ➔ Baby food and/or prepared formula, diapers, and other baby supplies. Disposable cleaning cloths, such as "baby wipes" for the whole family to use in case bathing facilities are not available.
- ➔ Personal hygiene supplies, such as soap, toothpaste, sanitary napkins, etc.
- ➔ An emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.

Source: Centers for Disease Control and Prevention
Prepared by: Louisiana Office of Public Health
EMS/Injury Research and Prevention Program



Preparing to Evacuate

Expect the need to evacuate and prepare for it.

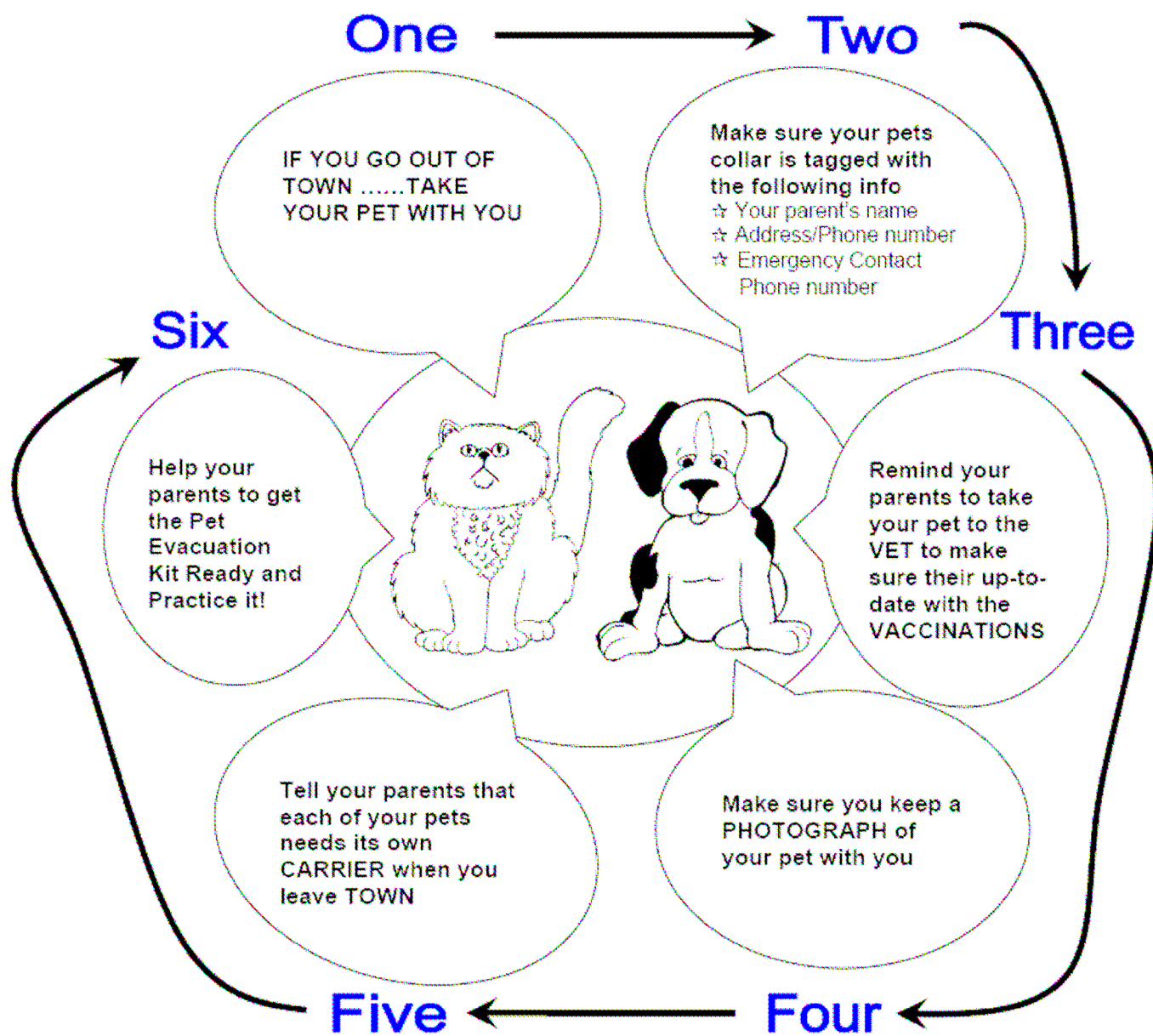
The National Weather Service will issue a hurricane watch when there is a threat to coastal areas of hurricane conditions within 24-36 hours.

When a hurricane watch is issued, you should:

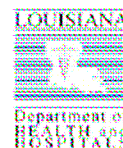
- Fill your automobile's gas tank.
- If no vehicle is available, make arrangements with friends or family for transportation.
- Fill your clean water containers.
- Review your emergency plans and supplies, checking to see if any items are missing.
- Tune in the radio or television for weather updates.
- Listen for disaster sirens and warning signals.
- Prepare an emergency kit for your car with food, flares, booster cables, maps, tools, a first aid kit, fire extinguisher, sleeping bags, etc.
- Secure any items outside which may damage property in a storm, such as bicycles, grills, propane tanks, etc.
- Cover windows and doors with plywood or boards or place large strips of masking tape or adhesive tape on the windows to reduce the risk of breakage and flying glass.
- Put livestock and family pets in a safe area. Due to food and sanitation requirements, emergency shelters cannot accept animals.
- Place vehicles under cover, if at all possible.
- Fill sinks and bathtubs with water as an extra supply for washing.
- Adjust the thermostat on refrigerators and freezers to the coolest possible temperature.



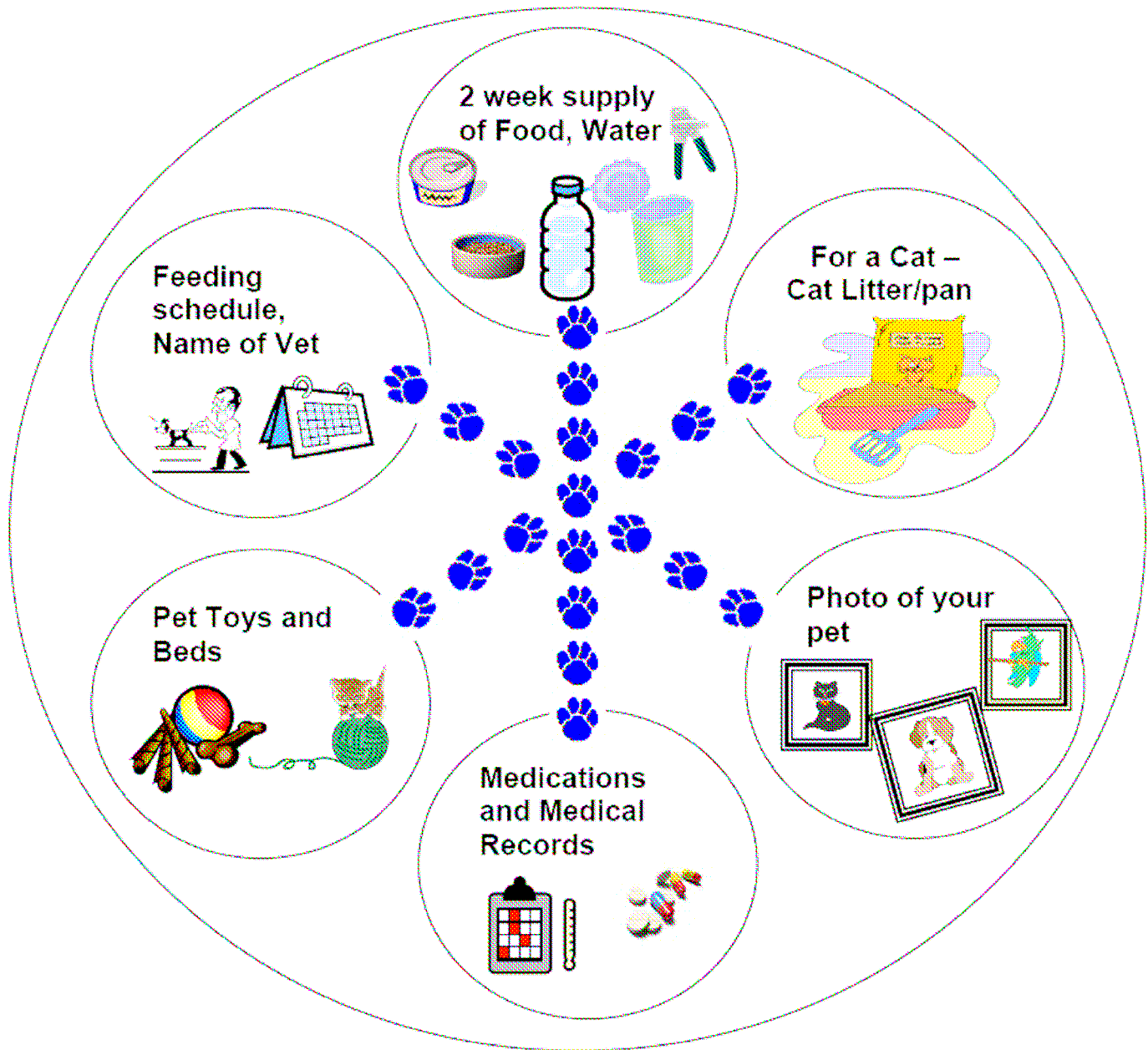
6 Things KIDS can do to help parents evacuate their pets ***** at the time of a disaster



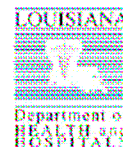
EMS/Injury Research and Prevention Program



What does the Pet Evacuation Kit contain?

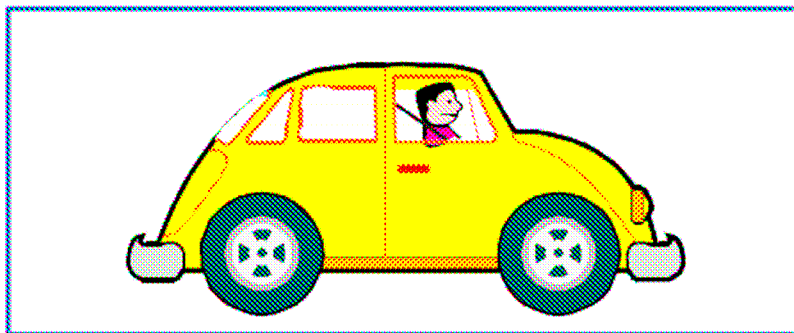


EMS/Injury Research and Prevention Program



Drive Safely!

Stop lights are not working
and street signs are missing



- ☒ **STOP** and look both ways
at all intersections
- ☒ Drive slowly and keep space
between you and other drivers
- ☒ Watch out for trash on
the road
- ☒ Wear your seatbelt
- ☒ Do not drink and drive



SAFER • HEALTHIER • PEOPLE™

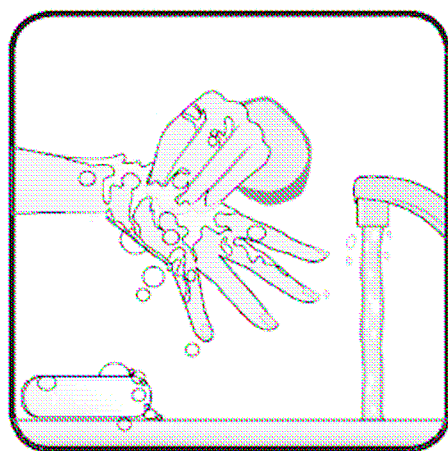


Wash Your Hands

After a disaster, staying clean can be hard to do. You may not have running water. But staying clean helps you stay healthy.

Things you can do to stay clean and healthy

- Wash your hands with soap and clean water. If you don't have soap and water, you can use hand cleaners with alcohol in them.
- Wash your hands many times each day.



Times to wash your hands are

BEFORE

- making food
- eating
- touching a sick person
- touching a cut, sore, or wound.

AFTER

- using the bathroom
- blowing your nose, coughing, or sneezing
- touching things that may carry germs, like
 - diapers or a child who has used the toilet
 - food that is not cooked (raw food)
 - animals or animal waste
 - trash
 - things touched by flood water
 - a sick person
 - cuts, sores, and wounds.



Stay Cool

Heat can make you sick. In some cases, heat can kill you.
Protect yourself. Stay cool after a flood or hurricane.

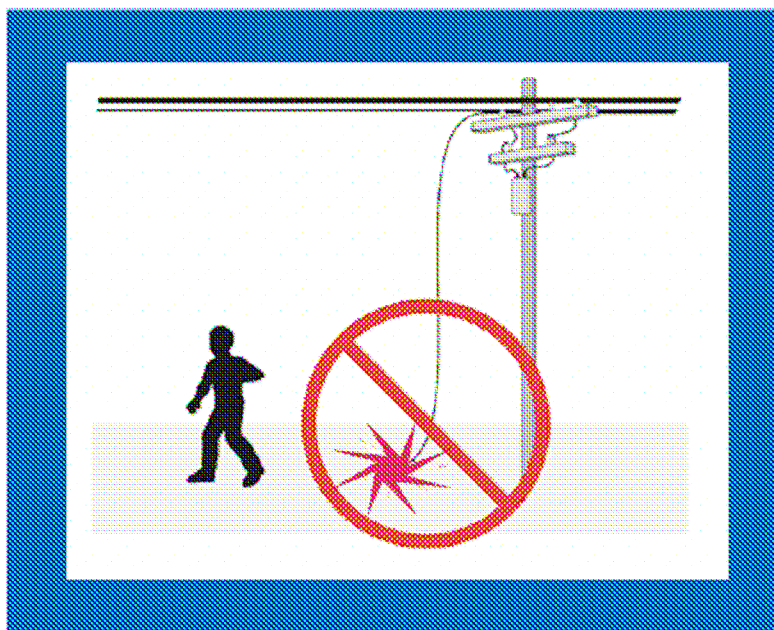


On a hot day:

- ✓ If you can, cool down in a room that is air conditioned.
- ✓ Drink water often. Make sure you drink water that is clean and safe.
- ✓ Wear clothes that are light in color, made for warm weather, and fit loosely.
- ✓ Work or play outside in the morning or evening, when it is cooler.
- ✓ If you work or play outside, take a break in the shade or in a cool room.
- ! NEVER leave anyone in a parked car.



Electricity is **SHOCKING!**



Downed Powerlines

- ☒ Do not touch downed powerlines
- ☒ Call your power company
- ☒ Turn off power for your house at the main source

Electric Tools

- ☒ Do not use electric tools if you are standing in water

If you are shocked by electricity, get medical help as soon as possible



SAFER • HEALTHIER • PEOPLE™

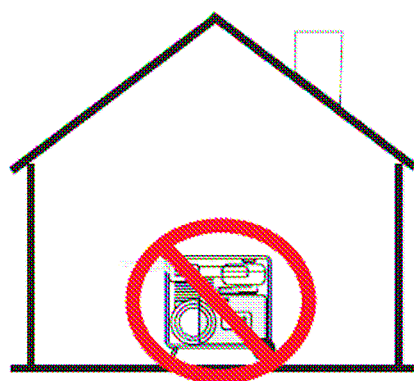


WARNING

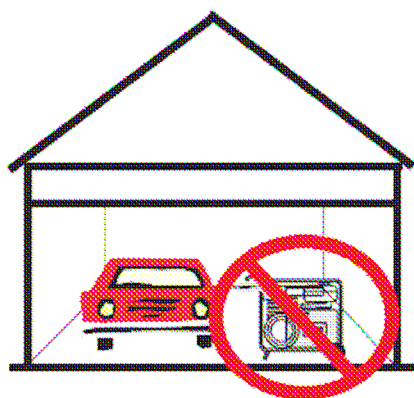
POISONOUS GAS - POISONOUS GAS - POISONOUS GAS

CARBON MONOXIDE HAZARD

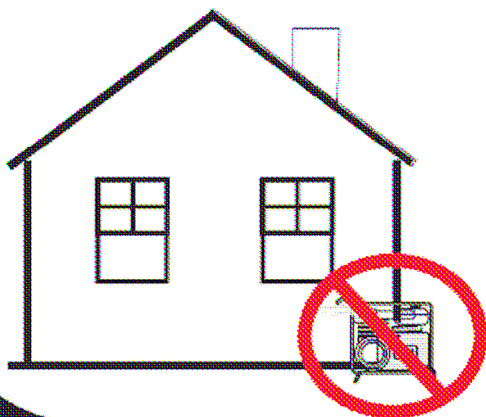
Fumes can be harmful or fatal.
You **CANNOT** see or smell this gas.



Do not operate generators
indoors



Do not operate generators
in garage or carport



Do not operate generators
near open doors or windows

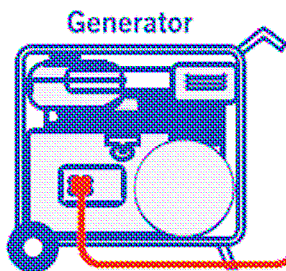
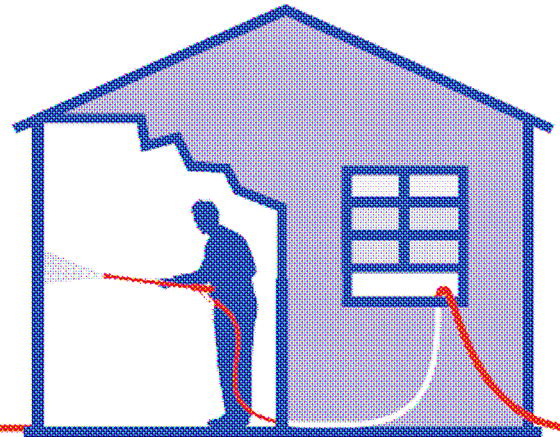
Recommendations Provided by: Centers for Disease Control and Prevention

Say No to CO!

Keep generators and pressure washer engines OUTSIDE

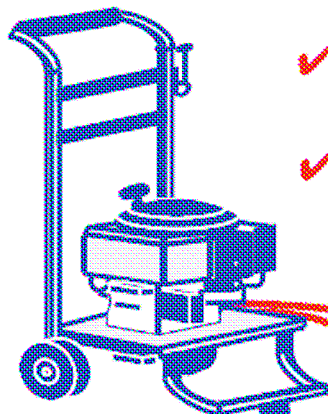
Carbon monoxide (CO) is a poisonous gas that cannot be seen or smelled, but it can kill you or make you sick.

- ✓ NEVER use generators, pressure washers, or other gasoline-powered tools indoors or in a garage, carport, or basement. They all produce large amounts of CO that can build up to dangerous levels IN MINUTES.



- ✓ Keep your generator or pressure washer engine outdoors and well away from windows, doors, and air intakes.
- ✓ Get to fresh air right away and seek prompt medical care if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseous.

Pressure Washer

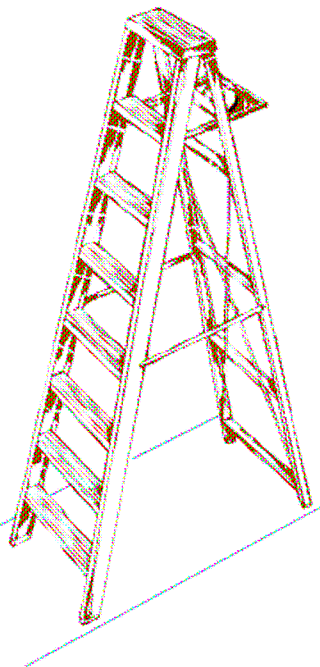


- ✓ Install battery-powered CO detectors in your home.
- ✓ Read product directions for other important safety information.

*Recommendations from the
Centers for Disease Control and Prevention*

Watch your step!

Ladder Safety



- ☒ Stand your ladder on flat ground
- ☒ Do not stand on the top 2 steps of a ladder
- ☒ Stand in the center of a ladder step
- ☒ Never use a folding ladder when it is closed - Open the ladder and press side locks into place
- ☒ While on a ladder, do not reach to the side
- ☒ While on a ladder, do not push or pull anything

Roof Safety

- ☒ To reach a roof, use a ladder that is at least three feet higher than the edge of the roof
- ☒ Be careful when on a roof - Roofs are usually slick, sloped, and high above the ground



SAFER • HEALTHIER • PEOPLE™



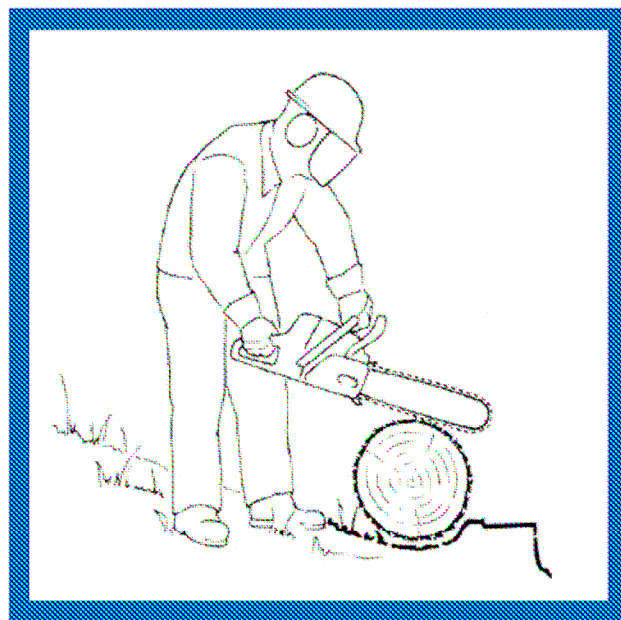
Chainsaw Safety

Avoid injury by using chainsaws safely



- ☒ Plan the cut before you start
- ☒ Start the chainsaw at least 10 feet from the fuel can
- ☒ Keep both feet on the ground when cutting
- ☒ Hold the chainsaw with two hands
- ☒ Follow the owners manual
- ☒ Use a sharp chain
- ☒ Keep others far away
- ☒ Wear safety gear (hard hat, cut-proof pants, safety glasses, hearing protection, gloves and boots)

- ☒ Do not cut with the tip of the chainsaw
- ☒ Do not cut with the chainsaw above your waist
- ☒ Do not work alone
- ☒ Do not climb with a chainsaw
- ☒ Do not cut near a powerline
- ☒ Do not use a chainsaw when you're tired
- ☒ Do not use a chainsaw when drinking alcohol



SAFER • HEALTHIER • PEOPLE™



FACT SHEET

Rebuilding can be an opportunity to make your home safer:

- At least one no-step entry. An external ramp can make this possible, and aging knees will be grateful!
- Eliminate door sills where practical. This removes a trip hazard.
- Wider doors and hallways accommodate walkers and wheelchairs—yours or a guest.
- Bathroom grab bars by the commode and bath can prevent a fall. Placement is easier while your studs are exposed.
- Multiple light switches placed lower on the wall in different parts of rooms assure lighted entry or exit from any door, as well as access from wheelchairs.
- Fire, smoke, and carbon monoxide detectors can be installed as part of the home wiring. No more remembering to change the battery.
- Handrails installed on both sides of stairs provide more to hold on to, and allow the use of the stronger arm whether going up or down.
- Low/no pile carpeting reduces trip hazards.
- Slip-resistant tile would be useful as well as attractive in the kitchen, laundry room and bathroom.
- Temperature balancing valves in the bath/shower may be useful in preventing burns where people have impaired sensation or mobility.
- Consider the installation of a home fire sprinkler system—they get to work faster than the fire company can get there, using less water, and when used with home fire detectors, save an estimated 82% of all home fire deaths. Your home insurance may offer special reductions for this safety improvement.



Parenting Under Stress

During the often busy and stressful time after a natural disaster, parenting can be very difficult. The loss of loved ones, homes, and belongings can cause worry. The everyday pressures of survival can also build up and make you feel like taking it out on your child. Try more positive ways to handle your emotions. This can help you and your child feel better.

Do's

- Do take a few deep breaths
- Do count to 10
- Do talk to a friend
- Do use a time-out chair to calm your child
- Do provide for your child's basic needs like food

Don'ts

- Don't hit, shove, shake, or hurt your child
- Don't say mean or hurtful things to your child

Other ways to cope

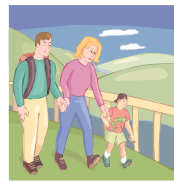


Be a caring parent

After any natural disaster, parents are under more stress. It is important to still continue to care for your children. Children are strongly affected by their parents' reactions.

Comfort a crying child

Never shake a child – shaking a child may cause injury or death.



Keep your child safe

It is important to know who your child is with and where they are at all times.

Ask other for help

Ask trusted friends, family, and other parents for a break if you're stressed. Breaks are needed when dealing with greater stress.

Refer children separated from families to people in charge

Doing this will help children who are left without parents or who are separated from their families to be identified and get special care.

How can I get help?

Call the National Crisis Hotline for victims of Hurricane Katrina at:
1-800-273-TALK
(1-800-273-8255)



Preventing Sexual Violence

Natural disasters force people to leave their homes and live in new areas or housing. Many are left without friends and family; not sure about the future; have strange living conditions; have shared living spaces; feel stress and tension due to loss; and have to deal with new rules for behavior. These factors can put people at greater risk for violence, such as sexual violence.

What is sexual violence?

Sexual violence includes a wide range of acts such as:

- Rape
- Unwanted touching of private body
- Forcing a person to have sex against his or her will
- Having sex with a person who is unable to understand what she or he is doing due to a disability, illness or being under the influence of drugs or alcohol

It can happen to anyone and it can be done by anyone such as a stranger, a neighbor, a person in charge, or a family member.

How can I keep myself and others safe?



Keep others informed

If you see someone who is being attacked, take action. If it is safe, get the person away from the attacker. If it's not safe, get help as quickly as possible: tell a person in charge what happened and call 911.

Keep yourself safe

Take steps for your safety. Do not be alone. Stay with someone you trust.

Avoid drugs and alcohol

These can make it difficult for you to protect yourself.



Find support

If you are a victim of sexual violence, talk to someone you trust.



How can I get help?

Call the Rape Abuse and Incest National Network at 1-800-656-HOPE

REMEMBER:
Your Safety is
ALWAYS
Important!



Public Health

Take these small steps now to *Prevent Diabetes*

Find out if you are at risk.



Asian Americans and Pacific Islanders who are overweight are at high risk for type 2 diabetes. Talk to your health care provider about YOUR risk. To learn more, see the risk test on the other side.

Lose a small amount of weight.



Being overweight puts you at higher risk for type 2 diabetes. The weight you think is normal for you may not be a healthy weight. Check the chart on the other side to see if your weight puts you at risk for diabetes. Losing as little as 10 pounds can help reduce your risk. You can do it by being more active and eating healthy.

Be more active. Choose an activity you



enjoy. Take a walk, swim, bike ride, dance, or play ball with your children. Be physically active 30 minutes a day, 5 days a week.

Eat healthy. Make healthy food choices and



eat smaller servings. Cut down on fatty and fried foods. Choose more fruits and vegetables, dried beans, and whole grains.



Record your progress. Every day write



down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.

Keep at it. Make one new change each week. If you get off track, start again and keep going.

Call 1-800-438-5383 to learn more.



The National Diabetes Education Program can help you. Call and ask for your free GAME PLAN for preventing type 2 diabetes.

www.ndep.nih.gov

The rewards will last a lifetime.

Are you at risk for type 2 diabetes?

To find out about your risk for diabetes, check each item that applies to you.

- ☐ My weight puts me at risk for diabetes.
- ☐ I have a parent, brother, or sister with diabetes.
- ☐ I am Asian American or Pacific Islander.
- ☐ I had diabetes when I was pregnant or I gave birth to at least one baby weighing 9 pounds or more.
- ☐ My blood pressure is 140/90 or higher or I have been told that I have high blood pressure.
- ☐ My cholesterol (lipid) levels are not normal. My HDL cholesterol ("good" cholesterol) is less than 40 (for men) or less than 50 (for women), or my triglyceride level is 250 or higher.
- ☐ I exercise fewer than three times a week.

Keep in mind: As people get older, their risk for type 2 diabetes increases.

What is pre-diabetes?

This is when blood glucose levels are higher than normal, but not high enough to be diabetes. If you have pre-diabetes, you are more likely to develop type 2 diabetes and its serious complications, such as heart disease, stroke, blindness, kidney failure, and nerve damage.



The **good news** is research shows that people with pre-diabetes can prevent type 2 diabetes by taking small steps toward living a healthy life. Ask your health care provider about your risk for pre-diabetes and diabetes and if you should be tested.

Call 1-800-438-5383 to learn more.

AT-RISK WEIGHT CHARTS

Find your height in the correct chart. If your weight is equal to or greater than the weight listed, you are at increased risk for type 2 diabetes.

IF YOU ARE ASIAN AMERICAN AT RISK BMI ≥ 23		IF YOU ARE PACIFIC ISLANDER AT RISK BMI ≥ 26		IF YOU ARE NOT ASIAN AMERICAN OR PACIFIC ISLANDER AT RISK BMI ≥ 25	
HEIGHT	WEIGHT	HEIGHT	WEIGHT	HEIGHT	WEIGHT
4'10"	110	4'10"	124	4'10"	119
4'11"	114	4'11"	128	4'11"	124
5'0"	118	5'0"	133	5'0"	128
5'1"	122	5'1"	137	5'1"	132
5'2"	126	5'2"	142	5'2"	136
5'3"	130	5'3"	146	5'3"	141
5'4"	134	5'4"	151	5'4"	145
5'5"	138	5'5"	156	5'5"	150
5'6"	142	5'6"	161	5'6"	155
5'7"	146	5'7"	166	5'7"	159
5'8"	151	5'8"	171	5'8"	164
5'9"	155	5'9"	176	5'9"	169
5'10"	160	5'10"	181	5'10"	174
5'11"	165	5'11"	186	5'11"	179
6'0"	169	6'0"	191	6'0"	184
6'1"	174	6'1"	197	6'1"	189
6'2"	179	6'2"	202	6'2"	194
6'3"	184	6'3"	208	6'3"	200
6'4"	189	6'4"	213	6'4"	205

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*



small steps
big rewards
Prevent type 2 Diabetes
www.ndep.nih.gov

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

NIH Publication No. 04-5526



If you have diabetes, take care of your heart. Having diabetes means you are more likely to have a heart attack or a stroke—but it doesn't have to—if you manage your diabetes.

You can live a long and healthy life by managing your blood glucose (sugar), blood pressure, and cholesterol.

Over time, high blood glucose levels can damage vital organs such as your kidneys and your eyes. High blood pressure is a serious disease that makes your heart work too hard. And bad cholesterol, or LDL, builds up and clogs your heart arteries. Managing all three means a longer and healthier life.

ASK YOUR DOCTOR THESE QUESTIONS

- 1 What are my blood glucose, blood pressure, and cholesterol numbers?
- 2 What should they be?
- 3 What actions should I take to reach these goals?

Use the [Diabetes Record Form](#) on the other side to write down the answers to these questions.

TAKE ACTION NOW

You can live longer for your family, improve your health, and reduce your risk of heart disease or stroke.

- ♥ Eat the right amounts of foods like fruits, vegetables, beans, and whole grains.
- ♥ Eat foods that are prepared with less salt and fat.
- ♥ Get at least 30 minutes of physical activity every day.
- ♥ Stay at a healthy weight—by being active and eating the right amounts of healthy foods.
- ♥ Stop smoking—seek help.
- ♥ Take medicines the way your doctor tells you.
- ♥ Ask your doctor about taking aspirin.
- ♥ Ask your family and friends to help you take care of your heart and your diabetes.

DIABETES RECORD FORM

Goal

Take care of your heart by taking care of your blood glucose, blood pressure, and cholesterol.

Use this form to keep track of your blood glucose, blood pressure, and cholesterol numbers when you visit your doctor. Work with your provider, friends, and family to reach your goals.

BLOOD GLUCOSE (Sugar)

The A1C test—short for hemoglobin A-1-C—is a simple blood test that measures your average blood sugar over the last three months.

Suggested Blood Glucose Goal: Below 7 on the A1C test

TEST AT LEAST TWICE A YEAR

Date							
Result							

BLOOD PRESSURE

High blood pressure is a serious disease that makes your heart work too hard.

Suggested Blood Pressure Goal: Below 130/80

TEST AT EVERY VISIT

Date							
Result							

CHOLESTEROL

Bad cholesterol, or LDL, builds up and clogs your heart arteries.

Suggested Cholesterol Goal: LDL Below 100

TEST AT LEAST ONCE A YEAR

Date							
Result							



The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.
Website: www.ndep.nih.gov
Phone: 1-800-438-5383



What is Diabetes?

Diabetes means that your blood sugar, or glucose (GLOO-kos), is too high. Glucose comes from the food you eat and is also made in your liver and muscles.

Your blood always has some glucose in it because your body needs glucose for energy. But too much glucose in the blood isn't good for your health.

An organ called the pancreas (PAN-kree-as) controls the amount of glucose in the blood. The pancreas makes insulin (IN-suh-lin) which helps glucose get from food into your cells. Cells take the glucose and make it into energy you need for life.

In a person with diabetes, the pancreas makes little or no insulin or the cells don't use insulin very well. So glucose builds up in the blood and can't get into your cells. Your blood glucose gets too high and diabetes can then damage your body.

What types of diabetes do kids get?

In **type 1 diabetes**, the pancreas stops making insulin. With type 1 diabetes, you need to get insulin from a shot or a pump. Type 1 used to be called "insulin dependent" or "juvenile diabetes."




TIPS FOR KIDS

WITH TYPE 2 DIABETES

In **type 2 diabetes**, the pancreas still makes some insulin but the cells can't use it very well. Type 2 used to be called "adult onset diabetes" but now more kids are getting type 2.

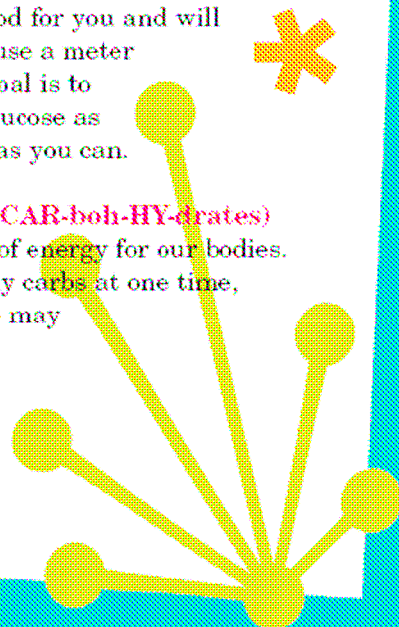
How do you manage diabetes?

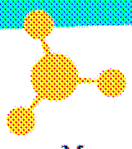


The key to taking care of diabetes is to keep your blood glucose as close to normal as possible. The best way is to **eat healthy foods, get exercise every day, stay at a healthy weight, take your medicine, and check your blood glucose** to see how you are doing. Kids with type 2 diabetes may need to take insulin or pills to help the body's supply of insulin work better.

Your doctor will tell you what blood glucose level is good for you and will teach you how to use a meter to check it. Your goal is to keep your blood glucose as close to this level as you can.

Carbohydrates (CAR-boh-HY-drates) are a good source of energy for our bodies. If you eat too many carbs at one time, your blood glucose may go up too high.





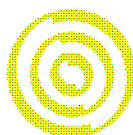
Many foods contain carbs. Whole grain foods, nonfat or low-fat milk, fresh fruits, and vegetables are better carb choices than white bread, whole milk, sweetened fruit drinks, soda pop, potato chips, sweets, and desserts. Learn to eat the right amount at meals and snack times to keep your blood glucose in balance.

Eat small servings of food and be active to prevent weight gain and to keep your blood glucose in a healthy range.

Illness and stress also can make your blood glucose go up. Things that make your blood glucose go down are insulin or pills and exercise.

Why do you get type 2 diabetes?

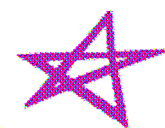
Being overweight increases the risk of getting type 2 diabetes. Kids who are not active or who have a family member with diabetes are more likely to get it. Some racial and ethnic groups have a greater chance of getting diabetes—American Indians, African Americans, Hispanics/Latinos, Asian Americans and Pacific Islanders. You do not get diabetes from eating too much sugar.



Why do you need to take care of your diabetes?

After several years, diabetes can lead to health problems. Blood vessels get damaged and cause heart attacks in young people. Damage to organs in your body can cause blindness, kidney failure, loss of legs or feet, and gum problems or loss of teeth.

The good news is that when you take care of your diabetes, you can avoid these problems. How? Eat healthy foods, be active every day, stay at a healthy weight, take your medicine, and check your blood glucose. Don't let diabetes stop you! You can do all the things your friends do and live a long and healthy life.



To learn more about diabetes

American Diabetes Association
1-800-DIABETES (1-800-342-2383)
www.diabetes.org/wizdom

Juvenile Diabetes Research Foundation International
1-800-223-1138 • www.jdrf.org



National Diabetes Education Program
1-800-438-5383 • www.ndep.nih.gov

National Diabetes Information Clearinghouse
1-800-860-8747 • www.niddk.nih.gov

To find a diabetes educator near you:
American Association of Diabetes Educators
1-800-338-DMED (1-800-338-3633)
www.diabeteseducator.org

To find a dietitian near you:
American Dietetic Association
1-800-366-1655 • www.eatright.org

Special thanks to the kids who helped us make this tip sheet.



The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

NIH Publication No. 03-5295

Revised August 2005

Cholesterol



What is Cholesterol?

Cholesterol is a waxy substance naturally produced by the liver in our bodies. It is essential for the production of hormones and Vitamin D and an integral part of cell membranes. The level produced by our bodies is safe in most people.

Why is it dangerous?

When we eat foods high in saturated fat and cholesterol (called dietary cholesterol), it can raise our total cholesterol to a dangerous level. When our bodies cannot use all of the cholesterol, it is deposited along the arterial walls as plaque. The plaque hardens and leads to stenosis and atherosclerosis. As the plaque builds up, it contributes to the formation of blood clots. A person with high cholesterol levels is at great risk for a heart attack or stroke. **Adults age 20 and over should have their cholesterol checked at least every five years.**

What is “Good” and “Bad” cholesterol?

Total cholesterol is made up of two components, High density Lipoproteins (HDL) and Low Density Lipoproteins (LDL). HDL is the “good” cholesterol. It carries cholesterol through the blood but instead of depositing the excess on the arterial wall, it returns it to the liver. A high HDL number is associated with reduced risk of heart attack and stroke.

LDL is the “bad” cholesterol. It circulates around the body depositing cholesterol where it is needed. But if there is excess, it is deposited along the arterial wall and turns into plaque. A person with a high LDL number is at great risk for heart attack or stroke.

What are the numbers?

Total Cholesterol	Less than 200 mg/dl	Desirable
	200 to 239 mg/dl	Borderline High
	240 mg/dl and above	High (twice the risk of having a heart attack or Stroke as someone with 200 mg/dl or below)
HDL	60 mg/dl and above	Protective against heart disease
	40 to 59 mg/dl	Some risk
	Less than 40 mg/dl	Major risk for heart disease and stroke
LDL	Less than 100 mg/dl	Optimal
	100 to 129 mg/dl	Near optimal
	130 to 159 mg/dl	Borderline High
	160 mg/dl to 189 mg/dl	High
	190 mg/dl and above	Very High (Talk to your doctor)

What can I do?

- You can lower your cholesterol by doing three things on your own:
- Include whole grains, fresh fruit and vegetables, and fish in your diet. Choose meats lower in saturated fat and cholesterol.
- Lose weight if you are overweight.
- Become physically active to lower your LDL number and raise your HDL number. (Current recommendation is 30 minutes per day most days of the week.)

Anyone can develop high blood pressure



High Blood Pressure



- ♥ High blood pressure is also known as hypertension
- ♥ High blood pressure often has no signs or symptoms.
- ♥ The only way to find out if you have high blood pressure is to be tested for it.
- ♥ The longer high blood pressure is left untreated the more likely it is that you will have damage to your heart, brain, kidneys or eyes.
- ♥ Having your blood pressure tested is quick and painless.
- ♥ Certain factors increase your chances of developing High Blood Pressure. These are called “Risk Factors”
- ♥ Risk Factors you can control:

IF YOU

Are overweight

Eat too much salt

Drink too much alcohol

Are not physically active

Have diabetes

YOU CAN

Reduce

Don't add salt to food

Drink only in moderation

Get moving

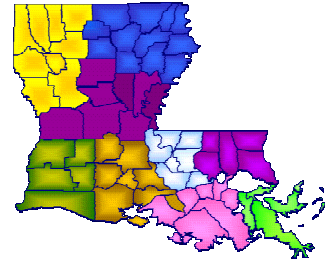
Check blood sugar often

High Blood Pressure Facts



High blood pressure of hypertension is a major risk factor for both heart disease and stroke. About 1 in 4 American adults have high blood pressure. High blood pressure affects about 1 in 3 African Americans, 1 in 5 Hispanics and Native Americans, and 1 in 6 Asians/ Pacific Islanders

29% of adult Louisianans were reported having high blood pressure in 2003. The rate was 17% higher than the national rate (24.8%). (Behavioral Risk Factor Surveillance System, 2003)



The proportion of Louisianans with undiagnosed high blood pressure is unknown. Nationally, only two thirds of people with high blood pressure know they have it.



High blood pressure can be controlled through exercise, weight management and medication.

Optimal blood pressure is a systolic blood pressure less than 120 and a diastolic blood pressure less than 80.



STROKE

A stroke or cerebrovascular accident occurs when the blood supply to the brain is cut off (an ischemic stroke) or when a blood vessel bursts (a hemorrhagic stroke). Most strokes are of the ischemic type. Without oxygen, brain cells begin to die. Death or permanent disability can result. High blood pressure, smoking, and having had a previous stroke or heart attack increase a person's chances of having a stroke.

Stroke Facts

Stroke is the third leading cause of death after heart disease and cancer and a leading cause of serious, long-term disability.

Stroke is the **third leading cause of death for all Louisianans** (2003 Louisiana Health Report Card)

In 2000, stroke killed 167,661 people (61% of them women), accounting for about 1 of every 14 deaths. The death rate was 61 per 100,000 populations.

In 2002, stroke killed 2,575 Louisiana residents (61% of them women) accounting for 1 out of every 16 deaths. The death rate was 62.5 per 100,000 populations.

Stroke death rates are substantially higher for African Americans than for whites (2000 rates per 100,000 population: 87 for black men, 78 for black women, 59 for white men, and 58 for white women).

Stroke death rates in Louisiana are substantially higher for African Americans than for whites (2002 rates per 100,000 population: 94 for black men, 78 of black women 54 for white men, and 56 for white women).

Approximately 50% of stroke deaths occur before the person reaches the hospital.

Louisiana ranked 12th in the nation for age adjusted Stroke deaths in 2002. (*National Center for Health Statistics, Center for Disease Control*).

Signs of a Stroke

The National Institute of Neurological Disorders and Stroke notes these major signs of stroke:

Sudden numbness or weakness in the face, arms or legs

Sudden confusion or trouble speaking or understanding others

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, or loss of balance or coordination

Sudden severe headache with no known cause

****If you think someone is having a stroke, you should call 911 immediately****

For information call:
Tara Doskey, Program Coordinator
Heart Disease and Stroke Prevention
LA Office of Public Health
(504)568-7562

Health Effects of Cigarette Smoking

Fact sheet

February 2004

The adverse health effects from cigarette smoking account for 440,000 deaths, or nearly 1 of every 5 deaths, each year in the United States. More deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

Cancer

- The risk of dying from lung cancer is more than 22 times higher among men who smoke cigarettes, and about 12 times higher among women who smoke cigarettes compared with never smokers.
- Cigarette smoking increases the risk for many types of cancer, including cancers of the lip, oral cavity, and pharynx; esophagus; pancreas; larynx (voice box); lung; uterine cervix; urinary bladder; and kidney.
- Rates of cancers related to cigarette smoking vary widely among members of racial/ethnic groups, but are generally highest in African-American men.

Cardiovascular Disease (Heart and Circulatory System)

- Cigarette smokers are 2–4 times more likely to develop coronary heart disease than nonsmokers.
- Cigarette smoking approximately doubles a person's risk for stroke.
- Cigarette smoking causes reduced circulation by narrowing the blood vessels (arteries). Smokers are more than 10 times as likely as nonsmokers to develop peripheral vascular disease.

Respiratory Disease and Other Effects

- Cigarette smoking is associated with a ten-fold increase in the risk of dying from chronic obstructive lung disease. About 90% of all deaths from chronic obstructive lung diseases are attributable to cigarette smoking.
- Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).
- Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk for hip fracture than never smokers.

“Quitting smoking is hard, dialing this number is easy”

1-800-QUIT NOW

Louisiana's Toll free Tobacco Quit line



FIRST AID FOR ASTHMA

Severe Symptoms May Include:

- Difficulty Speaking
- Difficulty Breathing
- Difficulty Walking
- Strained Neck Muscles
- Fearful
- Peak Flow Meter in Red Zone

1



**STAY CALM, SPEAK
REASSURINGLY
& PROVIDE PRIVACY**

2



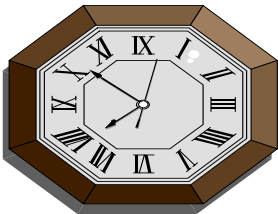
**SEAT UPRIGHT,
RELAX SHOULDERS & DO NOT
RECLINE**

3



**FOLLOW ASTHMA ACTION PLAN,
MEDICATE IMMEDIATELY & CALL
HEALTH PROFESSIONAL**

4



**IF NO IMPROVEMENT AFTER
5 MINUTES,
CALL 911**

5




**CALL 911 IMMEDIATELY IF LIPS
AND/OR NAILS ARE BLUE**



Provided by the Central California Asthma Project. Supported in part by a contract from NIH/NHLBI and a grant from The California Endowment.

Recommended Childhood and Adolescent Immunization Schedule UNITED STATES • 2006

Vaccine ▼	Age ►	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4–6 years	11–12 years	13–14 years	15 years	16–18 years
Hepatitis B ¹		HepB	HepB	HepB ¹	HepB			HepB Series							
Diphtheria, Tetanus, Pertussis ²			DTaP	DTaP	DTaP		DTaP			DTaP	Tdap	Tdap			
<i>Haemophilus influenzae</i> type b ³			Hib	Hib	Hib ³	Hib									
Inactivated Poliovirus			IPV	IPV	IPV					IPV					
Measles, Mumps, Rubella ⁴						MMR				MMR	MMR				
Varicella ⁵						Varicella			Varicella						
Meningococcal ⁶								Vaccines within broken line are for selected populations		MPSV4		MCV4		MCV4	
Pneumococcal ⁷			PCV	PCV	PCV	PCV				PCV	PPV				
Influenza ⁸						Influenza (Yearly)			Influenza (Yearly)						
Hepatitis A ¹									HepA Series						

This schedule indicates the recommended ages for routine administration of currently licensed childhood vaccines, as of December 1, 2005, for children through age 18 years. Any dose not administered at the recommended age should be administered at any subsequent visit when indicated and feasible.  Indicates age groups that warrant special effort to administer those vaccines not previously administered. Additional vaccines may be licensed and recommended during the year. Licensed combination vaccines may be used whenever

any components of the combination are indicated and other components of the vaccine are not contraindicated and if approved by the Food and Drug Administration for that dose of the series. Providers should consult the respective ACIP statement for detailed recommendations. Clinically significant adverse events that follow immunization should be reported to the Vaccine Adverse Event Reporting System (VAERS). Guidance about how to obtain and complete a VAERS form is available at www.vaers.hhs.gov or by telephone, 800-822-7967.

OPH Regional Offices

Region 1

Metropolitan Regional Office
1010 Common Street, Suite 700
New Orleans, LA 70112
Phone 504-599-0100
Fax 504-599-0200

Region 6

Central Regional Office
5604-B Coliseum Blvd
Alexandria, LA 71303
Phone 318-487-5262
Fax 318-487-5338

Region 2

Capitol Regional Office
7173-A Florida Boulevard
Baton Rouge, LA 70806
Phone 225-925-7200
Fax 225-925-7245

Region 7

Northwest Regional Office
1525 Fairfield Avenue, Room 569
Shreveport, LA 71101
Phone 318-676-7489
Fax 318-676-7560

Region 3

Teche Regional Office
1434 Tiger Drive
Thibodaux, LA 70301
Phone 985-447-0916
Fax 985-447-0920

Region 8

Northeast Regional Office
1650 Desiard Street, 2nd Floor
Monroe, LA 71211
Phone 318-361-7201
Fax 318-362-3163

Region 4

Acadian Regional Office
Brandywine III, Suite 100
825 Kaliste Saloom Road
Lafayette, LA 70508
Phone 337-262-5311
Fax 337-262-5237

Region 9

Southeast Regional Office
21454 Koop Drive, Suite 1C
Mandeville, LA 70471
Phone 985-871-1300
Fax 985-871-1334

Region 5

Southwest Regional Office
707-A East Prien Lake Road
Lake Charles, LA 70601
Phone 337-475-3200
Fax 337-475-3222

This public document was printed at a cost of \$. _____ copies were produced in this printing. This document was produced by the Department of Health and Hospitals/Office of Public Health., 8919 World Ministry Avenue, Baton Rouge, LA 70810. It was printed in accordance with standards for printing by State Agencies established pursuant to R.S. 43:31.

This publication was supported by Grant/Cooperative Agreement Number U90/CCU617005 from CDC. Its contents are solely the responsibility of the authors and do not necessarily reflect the official views of CDC.